



My Action Plan for Iron

Name: _____

Check the box for each step you are doing now to get enough iron. Check the boxes for the steps you plan to take. Write down other ways you plan to improve your iron intake.



Things that I can do to get enough iron every day

- ☐ Add one serving of vegetables such as spinach, broccoli, or leafy green lettuce to my diet most days of the week.
- ☐ Eat an orange or another citrus fruit with my iron rich foods.
- ☐ Try a fruit or vegetable from the iron rich food list that I have never tried before.
- ☐ Add one serving of lentils, black beans, pinto beans, or garbanzo beans to my diet most days of the week.
- ☐ Cook in a cast iron skillet or pan.
- ☐ Only drink tea, coffee, or soda in between meals to get the most iron from my food.
- ☐ Take my prenatal vitamin and mineral supplement daily and any iron pills my doctor prescribes for me.

My ideas for improving my iron intake:

Am Doing

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Steps I Will Take

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Signature: _____

Date: _____